



Adult *Leisure* Programs

The Golden Years Clubs

are composed of persons 55 and better. Anyone meeting the age requirements may join. Interested persons are invited to join one of the 45 clubs located throughout Raleigh. Clubs meet weekly or twice monthly. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. For information on a specific club, contact the Club Leader indicated for each group.

Art of Happiness Club

Vera Wilson, 250-2757
Thursday, 11:00am
Ralph Campbell Community Center
756 Lunar Drive

Best Is Yet To Be

Mary Lou Franklin, 846-0492
1st/3rd Friday, 10:00am
Powell Drive Community Center
740 Powell Drive

Caraleigh Club

Mary Lou Franklin, 846-0492
Tuesdays, 10:00am
Caraleigh Community Center
118 Summit Avenue

Carolina Pines Club

Robert Stewart, 831-6435
1st/3rd Wednesday, 10:00am
St. Barnabus Church
1420 Carolina Pines Ave.

Christian Faith Seniors

Mae Sanders, 329-7822
Tuesdays/Thursdays, 9:30am
Christian Faith Baptist Church
511 Hilltop Drive

Fellowship Club

Laura Miller, 851-7042
2nd/4th Tuesday, 10:00am
West Raleigh Presbyterian Church
27 Horne Street

Fifty-Five Plus Club

Nikki Peterman, 872-4156
Wednesdays, 10:00am
Millbrook Exchange Community Ctr
1905 Spring Forest Road

First Cosmopolitan Senior Club

Gene McCabe, 266-1222
4th Tuesday, 6pm
First Cosmopolitan Baptist Church
1515 Crosslink Road

Glenwood South Senior Club

2nd Monday, 10:00am
North Street Baptist Church
400 N. Boylan Avenue
For information call 831-6851

Glenwood Towers Club

Ann Juhasz, 460-6932
2nd/4th Wednesday, 10:00am
Glenwood Towers Apartments
509 Glenwood Avenue

Go-Getters Club

Susan Carroll, 662-7554
2nd/4th Thursday, 9:30am
Stonehenge Apartments Club House
7303 Hihenge Court

Golden Circle Club

Helen Sanders, 250-0058
2nd Monday, 10:00am
Lions Park Community Center
516 Dennis Avenue

Golden Eagles Club

Carletta Lawson, 250-2730
Wednesdays, 11:00am
Top Green Community Center
401 Martin Luther King Boulevard

Golden Oaks Club

Cassandra Siler, 834-7386
Monday-Friday, 10:00am
YWCA – Hargett Street
554 E. Hargett Street

Grand Age Club

Margie Lucas, 467-0572
Thursdays, 11:15am
Hayes Barton
United Methodist Church
2209 Fairview Road

Green Road Book Club

Jane Bailey, 872-4140
3rd Thursday, 10:00am
Green Road Community Center
4201 Green Road

Hedingham Hi-Milers Club

Ed Behan, 255-3247
2nd /4th Tuesday, 11:00am
Hedingham Club House
4801 Harbour Towne Dr.

Jaycee Park Club

Doris Wilkins, 510-9932
Wednesdays, 9:30am
Jaycee Park Community Center
2405 Wade Avenue

Keenagers Club

Lindsay Jordan,
834-3425 ext. 220
Thursdays, 10:30am
White Memorial
Presbyterian Church
1704 Oberlin Road

Lake Lynn Seniors

Lauren Llewellyn, 783-0558
Tuesday, 10:00am
Lake Lynn Community Center
7921 Ray Road

Laurel Hills Club

Cindy Williams, 420-2383
Tuesdays, 10:00am
Laurel Hills Community Center
3808 Edwards Mill Road

Lilacs Club

William Langston, 828-6777
1st/3rd Thursday, 11:00am
Wake Chapel Baptist Church
4509 Bland Road

Lions Park Club

Tasker Kent, 876-3131
Wednesdays, 10:00am
Lions Park Community Center
516 Dennis Avenue

Lords and Ladies Club

Christine Cummings, 831-6640
1st/3rd Tuesdays, 10:00am
Pullen Arts Center
105 Pullen Road

Parkview Manor Senior Club

Mary Gibbs, 831-6045
2nd Tuesdays, 2:00pm
Parkview Manor Apartments
911 N. Blount Street

Prime Timers Club

Darwin Coburn, 848-7314
3rd Thursday, 10:30am
Hillyer Memorial Christian Church
718 Hillsborough Street

Pullen Park Club

Anita Spencer, 831-6052
Wednesdays, 9:35am
Pullen Park Community Center
408 Ashe Avenue

Quail Hollow Club

Betty Odham, 954-1974
Wednesdays, 9:45am
Eastgate Community Center
4200 Quail Hollow Drive

Raleigh Catholic Golden Age Club

Ed Chauvaux, 217-9580
1st Sunday, 2:00pm
Our Lady of Lourdes
Catholic Church
2718 Overbrook Drive

Roberts Park Seniors Club

Sherri Hartsfield, 831-6830
Wednesdays, 10:30am
Roberts Park Community Center
1300 East Martin Street

Senior Teenagers

Robie Burris, 833-1256
Tuesday/Thursday, 10:00am
YMCA – Garner Road
2235 Old Garner Road

Sir Walter Council Activities Club

Jack Urben, 832-1300/821-4081
1st Monday, 7:00pm
Sir Walter Apartments
400 Fayetteville Street Mall

Smiling Age Club

Monica Millner, 831-6895
Tuesdays, 10:00am
Biltmore Hills Community Center
2615 Fitzgerald Drive

Tabernacle 55+ Club

Peggy Holland,
872-2508 or 781-4600
1st/3rd Thursday, 11:30am
Tabernacle Baptist Church
8304 Leesville Road

Thirty-Niners Club

Mary Alice Seals, 832-4485
Thursdays, 10:30am
First Baptist Church
99 N. Salisbury Street

Touch of Love

Callie Parker, 870-8065
2nd/4th Wednesday, 10:00am
St. Matthew Baptist Church
5410 Louisburg Road

Wakefield Plantation Sr. Club

Andie Champion, 562-5580
2nd/4th Wednesday, 1:00pm
The Gardens at Wakefield
Apartments
12800 Spruce Tree Way

Wakefield Villagers Club

Margaret King, 556-9541
2nd/4th Tuesday, 9:00am
Villages of Wakefield Clubhouse
12650 New Falls of Neuse Road

Walnut Terrace Club

Ethel Evans, 779-3221
Wednesdays, 10:00am
Top Greene Center
401 Martin Luther King Boulevard

Watts Chapel Club

Gloria Glenn, 834-4469
1st/3rd Tuesday, 10:30am
Watts Chapel Baptist Church
3703 Tryon Road

Worthdale Walkers Club

Carletta Lawson, 250-2730
Thursdays, 11:00am
Worthdale Community Center
1001 Cooper Road

Young at Heart Club

Frank Holland, 876-3941
2nd/4th Wednesday, 10:00am
Whitaker Mill Senior Center
401 E. Whitaker Mill Road

Adult *Leisure* Programs



Summer 2006

Looking for a senior adult group to walk with each week?

Weekly Walkers

Look no further than the Weekly Walkers program. The program meets every Wednesday at 9:00am at area parks and greenways to enjoy the scenery and health benefits of walking. Walks are at a moderate pace (20 minutes or less per mile) and are usually 2 to 3 miles in total length, although you are not required to walk this distance if you choose. The Weekly Walkers are open to any senior adult age 55 and better. Below is a listing of their upcoming schedule:

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*Recreation
Program Director:*
Steve White

*Recreation
Program Manager:*
Lisa Wilson

831-6851

2401 Wade Avenue
Raleigh, NC 27607

parks.raleighnc.gov



May 3
Black Creek
Greenway in Cary.
Meet at 9:30am
for this walk.

May 10
Buckeye Trail

May 17
North Hills
Trail and
Alleghany Trail

May 24
Anderson Point /
Neuse River Trail

May 31
NC Museum
of Art Trail

June 7
Alleghany Trail
Extension

June 14
Blue Jay Point
County Park

June 21
Ironwood Trail

June 28
Lake Lynn
Greenway

For directions to each location, or for more information on the Weekly Walkers, please call David & Kathy Slook at 786-5095, or Steve White at Raleigh Parks and Recreation Department at 831-6851.



Adult *Leisure* Programs

Trips

Call 831-6851 to get on the mailing list for the following itineraries. All trips depart from Jaycee Park, 2401 Wade Ave.

Durham Bulls Baseball Games

Enjoy food and fun the ballpark! Price: \$9 per person – includes reserved seat ticket and transportation. Departs from Jaycee Park, 2401 Wade Avenue. Call 831-6851 to reserve a seat.

May 30	T
June 14	W (1:00pm afternoon game)
July 13	Th
Aug 28	M

June

Salemburg, NC

Spend the day at the Salemburg Crafts Festival, featuring artists from throughout North Carolina, as well as live entertainment, food and more.

Jun 10	Sa
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Asheville, NC

Visits to the Biltmore House, Flat Rock Playhouse and the Western North Carolina Farmers Market highlight this fun mountain getaway!

June 28-30	T-Th
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July

Rose Hill, NC

Enjoy a tour and tastings at the Duplin County Winery, as well as a visit to the Liberty Hall Plantation and the Cowan Museum.

Jul 7	F
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Richmond, VA

Explore the capital city of Virginia, as well as historic sites along the James River.

July 11-13	T-Th
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August

Wilson, NC

Visit the NC Baseball Hall of Fame, the Wilson Rose Garden, and the "whirleygigs" in nearby Lucama.

Aug 14	M
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Golden Years Clubs

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to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. For a complete list of clubs, call 831-6851.

Additional Opportunities

BINGO

Enjoy this fun and festive game at several sites throughout Raleigh. Small prizes provided for winners!

Glenwood Towers Apts.

509 Glenwood Avenue
Wednesdays
1:30pm

Green Road Community Center

4201 Green Road
Tuesdays
9:30-11:30am

Millbrook Exchange Community Center

1905 Spring Forest Road
Fridays
9:30-10:30am

Parkview Manor Apartments

911 N. Blount Street
2nd and 4th Mondays
3:00-4:00pm

Pullen Community Center

408 Ashe Avenue
2nd and 4th Wednesdays
2:00-4:00pm

Stonehenge Apartments

7303 Hihenge Court
1st and 3rd Thursdays
10:00am-12:00noon

Seniorcize Classes for Beginners

These low impact classes are designed to improve overall flexibility, range of motion and muscle tone. Exercises are done either seated or standing with the aid of a chair.

Carriage House Senior Apartments

116 St. Mary's Street
Mondays & Wednesdays, 10:30am.
Free.

Lake Lynn Community Center

Church of the Nativity
8849 Ray Road
June 13-August 17
Tuesdays and Thursdays, 9:00am
Fee: \$10 per month.

Parkview Manor Senior Apartments

911 N. Blount Street
Mondays at 11:00am,
Thursdays at 2:00pm. Free.

Pullen Community Center

408 Ashe Avenue
Tuesdays and Thursdays, 2:00pm.
Fee: \$10 per month.

Seniors In Motion – Intermediate Classes

This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements.

Millbrook Exchange Community Center

1905 Spring Forest Rd
Tuesdays and Thursdays, 9:30am.
Fee: \$5 per month.

Pullen

Community Center

Ballroom Dance

Age 18 yrs. and up. Waltz, cha-cha, rumba, tango, samba, and two step. Each dance step is cued (announced) so the whole group dances in sequence. Join us for a fun and relaxed atmosphere. Partners are required. Club Dues.

Carousel Club Level I

#44876 May 6-Aug 26 Sa 11:00am-12:30pm

Carousel Club Level II

#44877 May 6-Aug 26 Sa 12:30-2:30pm

Carousel Club Level III

#44878 May 1-Aug 28 M 7:30-9:15pm

Ballroom Dance – Friday

Age 18 yrs. and up. Dance the night away with your favorite ballroom dances every Friday night. Live band will play once a month. Please call for band schedule. Weekly admission fee.

May 5-Aug 25 F 7:30-10:00pm

Social Dance

Age 18 yrs. and up. Have you always wanted to dance, but don't know how to? Boost your confidence through this exciting introductory class. You can learn the basic patterns to dances such as East Coast Swing, Foxtrot, Waltz and Rumba. Class Fee: \$50

Introduction

#44954 May 23-Jun 27 T 12:00-1:00pm

Bronze I

#44953 Jul 11-Aug 15 T 12:00-1:00pm

Ballroom Dance – Wednesday Club

Age 55 yrs. and up. Dance to the music of different live bands every Wednesday evening. Weekly Admission.

May 3-Aug 30 W 8:00-10:30pm



Adult Leisure Programs

Pullen Community Center *continued from pg. 2*

Ballroom Dance – Friday

Age 18 yrs. and up. Dance the night away with your favorite ballroom dances every Friday night. Live band will play once a month. Please call for band schedule. Weekly admission fee.

May 5-Aug 25 F 7:30-10:00pm

Singing – Joyful Chorus

Age 55 yrs. and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for various clubs, organizations, groups, and events. Practices are held at Pullen Community Center.

#44952 May 1-22 M 10:00-11:00am

Osteoporosis Support Group

Age 18 yrs. and up. Osteoporosis support group meetings are informative and interactive. Guest speakers are scheduled. Group meets the 1st Monday of each month. Free.

#44946 May 1 M 1:30-3:00pm

Yoga Fitness

Age 18 yrs. and up. Treat your body to much needed stretches and release stress in a yoga class. A combination of meditations and stretches that help with flexibility, posture, and stress relief. Class Fee: \$40

#44955 Jun 14-Aug 16 W 5:00-6:00pm

Yoga Fitness Plus

Age 18 yrs. and up. Core strengthening and stretching. Surge into sun salutations, poses and reflective meditation. Free flowing and fun. Previous knowledge of yoga fitness is required. Class Fee: \$40

#44957 Jun 16-Aug 18 F 5:00-6:00pm

Fitness Room

Age 16 yrs. and up. Get into shape in our fitness center. Equipment available includes Paramount machine, treadmills, bikes, and stair climbers. Fitness room is open during normal operating hours. Ages 16-17 must be accompanied by an adult fitness room member. Class Fee: \$10

#44929	May 1-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#44930	Jun 1-30	M-F	7:30am- 9:30pm
		Sa	9:00am-3:00pm
#44931	Jul 1-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#44932	Aug 1-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm

Seniorcize

Age 55 yrs. and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle.

Class Fee: \$10

#44948	May 2-30	T,Th	2:00-2:45pm
#44949	Jun 1-29	T,Th	2:00-2:45pm
#44950	Jul 6-27	T,Th	2:00-2:45pm
#44951	Aug 1-31	T,Th	2:00-2:45pm

Coin Club

All Ages Enjoy collecting coins? Join the Coin Club and meet others who share the same interest in this hobby. The club meets every 2nd Thursday of each month. Fees are \$0.75 per person per meeting.

#44902 May 11-Aug 10 Th 7:30-9:30pm

Golden Kiwanis Club

Age 18 yrs. and up. Kiwanis, an Indian word meaning 'We Build,' is a club with members interested in serving and expressing themselves in public affairs in Raleigh and adjoining areas. Annual dues are required.

#44933 May 4-Aug 31 Th 10:00-11:00am

Bingo

Age 55 yrs. and up. Enjoy two hours of Bingo every 2nd and 4th Wednesday of the month. \$1 for 3 cards.

#44901 May 10-Aug 30 W 2:00-4:00pm

Bridge Tournament

Age 55 yrs. and up. Partners required. Enjoy two days of bridge playing in a tournament. Class Fee: \$5

#48597 Aug 24-25 Th-F 1:30-4:30pm

Pullen Park Golden Age Club

Age 55 yrs. and up. This club is one of the 44 clubs in Raleigh, and the members meet every Wednesday. Activities include bridge and other card games; luncheons, and special events. We welcome new members. Annual dues are \$12.

#44947 May 3-Aug 30 W 9:30am-12:00pm

Billiards

Age 5 yrs. and up. Come play pool in a quiet, family environment. A \$5.00 deposit and ID are required. Participants under the age of 16 must be accompanied by an adult.

#44897	May 1-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#44898	Jun 1-30	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#44899	Jul 1-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#44900	Aug 1-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm

Senior Sports Opportunities

Horseshoes

Practice your horseshoe skills with other seniors. Equipment is provided.

Athens Drive High School
(weather permitting)
Tuesdays and Saturdays
9:00am

Shuffleboard

Practice and play shuffleboard with other seniors. Equipment is provided.

Athens Drive High School
(weather permitting)
Tuesdays and Saturdays
9:00am

Senior Softball League

Open to men and women age 50 and over. For additional information, call the Raleigh Parks and Recreation Department's Athletics Office at 831-6838.

Table Tennis

Open to all levels of experience. Equipment is provided.

Lake Lynn Community Center
7921 Ray Road
Tuesdays, 6:00pm, and
Fridays, 9:00am

Method Community Center
514 Method Road
Tuesdays, 10:00am

Tennis

Competition and practice for senior players.

Millbrook Exchange Tennis Center
Mondays and Thursdays
8:30am

Weekly Walkers

Walks are at a moderate pace and are usually 2-3 miles in length. Members also have the option of meeting for coffee after walks. Call 831-6851 for schedules and more information.